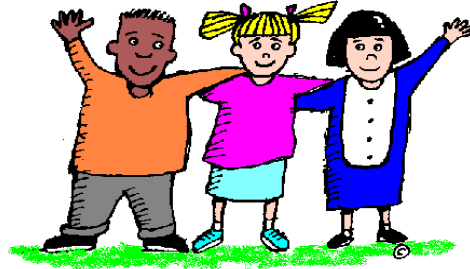


		Level 1			Level 2		
		Skill	Date	Initials	Skill	Date	Initials
Blood Glucose Monitoring	Wash Hands at appropriate times						
	Knows where supplies are kept						
	Gather Supplies						
	Turn on glucometer properly						
	Choose finger to prick						
	Punctures skin with lancing device						
	Obtains adequate blood sample						
	Put drop of blood on test strip						
	Dispose of strips and cleans up other supplies						
Recording	Reads results on glucometer & records it in log						
	Informs appropriate adult assistant/staff of BG level						
Hyper and Hypo Management	Knows when needs a peer buddy			Knows personal target range			
				Recognizes whether blood glucose number is high or low			
				Seeks help from proper adults if any problems with diabetes should occur			
Carb Management				Makes menu choices at lunch			
				Begins to identify carb counts in foods			
Time & Place							
Administration of Insulin	SYRINGE OR PEN: Choose injection site and pinches skin			SYRINGES OR PENS: Assists and is cooperative with injections			
Other	Is cooperative in diabetes management						
	Level 1 Complete _____			Level 2 Complete _____			

	Level 3			Level 4		
	Skill	Date	Initials	Skill	Date	Initials
Blood Glucose Monitoring						
Recording	Can record amount of carbs eaten and insulin to be given on log			Keeps daily records of insulin dose, carbs, and blood glucose levels on log		
Hyper and Hypo Management	Can recognize and verbalizes own signs and symptoms of hypo & hyperglycemia			Takes appropriate actions for low and high blood sugar		
Carb Management	Knows where to find and identify amount of carbs (ie labels, carb lists)			Can calculate carbs with calculator		
	Cooperates with adult assistant/staff to calculate insulin injection			Can identify and calculate amount of carbs in foods eaten		
	Identifies correct portion sizes for carb counting					
Time & Place	Knows when he/she should be tested throughout the day					
	Informs PE/PREP Teachers of diabetic needs					
	Takes emergency equipment with himi/her during fire drills, etc.					
Administration of Insulin	SYRINGE OR PEN: Can draw up / dial correct dose of insulin			SYRINGE OR PEN: Can calculate insulin to carb ratio insulin dose		
	PUMP: Inputs the correct # for carbs consumed & BG for insulin bolus			SYRINGE OR PEN: Calculate insulin based on BG level (Correction dose)		
	PUMP: Ensure pump and tubing safety during physical activities			PUMP: Identify and respond tp pump alarms		
Other	Works with parents to keep supplies stocked					
	Level 3 Complete _____			Level 4 Complete _____		

	Level 5		
	Skill	Date	Initials
Blood Glucose Monitoring			
Recording			
Hyper and Hypo Management	Takes correct action when signs or symptoms occur		
Carb Management			
Time & Place			
Administration of Insulin	Can independently administer insulin dose		
Other	Can advocate for self		
	Level 5 Complete _____		

Diabetes Self-Management Guidebook



This Book Belongs To:

<u>Level</u>	<u>Complete</u>
Level 1	<input type="checkbox"/>
Level 2	<input type="checkbox"/>
Level 3	<input type="checkbox"/>
Level 4	<input type="checkbox"/>
Level 5	<input type="checkbox"/>

Davis School District Self-Management
Certification for Students with
Diabetes